Vol. 63, No. 35 Tyndall Air Force Base, Fla. Gulf Defender Sept. 10, 2004

In brief

Supervisor social

There will be an enlisted supervisor social 4 - 7 p.m. Thursday at the Enlisted Club. For more information, call Master Sgt. Brian Hampton at 283-3268.

Florida Coastal Cleanup

Tyndall AFB and The Friends of St. Andrew's State Park invite the public to help keep the park and Shell Island beautiful 8-11 a.m. Sept. 18 at the Florida Coastal Cleanup. Volunteers who have access to Tyndall can meet at the beach pavilion at 8 a.m. For more Tyndall information, call 283-4498. For more Friends of St. Andrew's information, call (850) 233-5117 or visit www.friendsofstandrews.org.

Tuition assistance

Wednesday is the last day to submit a tuition assistance request for fiscal year 2004 funding. The deadline for officer professional military education, course 12 for master sergeants and education center testing for college level examination program, DANTES subject standardized tests, scholastic assessment test and the American college test is Sept. 23.

Inside

- Med. Group reassures Tricare members of coverage... Page 3
- AFRL unleashes new fire protection technology ... Pages 8-9
- Airmen deserve recognition for work during operations ... Page 11

Eyes on Ivan

Senior Airman Shameeka Williams, 325th Operations Support Squadron weather forecaster, tracks hurricane Ivan as it moves towards Florida Wednesday. The weather flight prepares forecasts for Tyndall's pilots and have been especially busy this hurricane season as the Atlantic is having one of its most active seasons ever.



Airmen remain in control of their futures

AIRMAN 1ST CLASS SARAH McDowell

325th Fighter Wing Public Affairs

In spite of the Air Force's force shaping measures currently underway, Airmen are learning they remain in control of their futures, even in over-manned career fields.

There are more choices for those whose re-enlistments are coming up soon: re-train, go Guard or Reserve, or go Army with "Operation Blue to Green," as well as the option to separate.

"Any Airmen who is in an overmanned career field needs to start looking at his options now, retraining being first," said Senior Master Sgt. Jefferey Kahapea, 325th Fighter Wing career assistance advisor.

Airmen who think they are safe and do won't be impacted by force shaping will have it hardest, because future, he explained.

There are 29 over-manned career fields, and out of those, 1,259 firstterm Airmen have not received a career job reservation, said Master Sgt. Dee Wolfe, AFPC NCO in-charge of personnel actions, at a recent career assistance advisor conference. Airmen will not be allowed to reenlist without a CJR unless they have been selected for a special duty or retraining, she added.

Therefore, members who are in overage Air Force specialty codes who are applying for special duty are only safe for the time they serve that special duty, since they still hold the same AFSC, said Staff Sgt. Clinton Minor, AFPC NCOIC of retraining.

These choices are part of the planning process for those who know they need to retrain. But for those

they have not made a plan for their who choose not to plan, the Air Force will give them two choices: either retrain into what we need, or

> When it comes to new opportunities, there are many choices for Airmen, but the biggest two fields most retrain into are security forces and aircraft maintenance, but there are many more undermanned fields.

> "We will try our best to get Airmen in jobs comparable to their current field," Sergeant Kahapea said.

> There are also many special duty options, such as enlisted aircrew from boom operator to flight engineer, loadmaster and flight attendant. Also, there are spaces available in the Air Force Office of Special Investigations, as well as recruiters and military training instructors.

> However, as far as selective reenlistment bonuses go, there are currently 62 career fields retaining

SRBs, which will be cut back to 25 very soon, Sergeant Kahapea said.

Among these changes, the Air Force has also changed the way it handles its business when it comes to recruiting and training.

According to Col. Michael Hayden, AFPC commander of personnel actions, the Air Force is only recruiting to 55 AFSCs and will be recruiting 11,000 less people in 2005, and currently has 9,000 people waiting to get in.

"This initiative has changed our job as career assistance advisors from retention specialists to force shapers," Sergeant Kahapea said. "The bottom line is, Airmen have control over their career now, as long as they start planning as soon as they are notified. If they don't, the Air Force will have control of their futures."

For more information, call Sergeant Kahapea at 283-2222.

Home of Air Dominance training

Secretary, chief send Air Force birthday message

(Editors note: The following is an Air Force birthday message from Secretary of the Air Force James Roche and Air Force Chief of Staff Gen. John Jumper.) WASHINGTON (AFPN) - "Happy birthday to the Airmen of the world's greatest air and space force! Our 57 years of history may be short, but they are packed with astounding accomplishments. We've broken the sound barrier, expanded military operations to the reaches of space, ushered stealth technology and precision-strike capability into modern warfare, delivered humanitarian aid to austere locations, jointly

won the Cold War and provided decisive Air Force has flown lead in defending legacy. You are performing remarkably air and space power for wars in Korea, peace and freedom around the world.

 \mathbf{Y} ou represent the strength and patriotism of our great nation. America is proud of our Air Force because of you."

> DR. JAMES ROCHE AND AIR FORCE CHIEF OF STAFF GEN. JOHN JUMPER

Vietnam, the Balkans, Afghanistan and Iraq. Your dedication to excellence, your integrity and your faithful service is recognized and appreciated by all Americans. "Since our inception in 1947, America's

That legacy was made possible by millions of professional Airmen dedicated to accomplishing critical missions with total success.

across the globe delivering aid to people in need and defending and protecting our great nation from emerging threats and new enemies. Your competence, dedication to the mission and pride of service is renowned. We know you also have wonderful families who support your long hours and deployments away from home. We are grateful for their support.

"You represent the strength and patriotism of our great nation. America is proud of our Air Force because of you. Thanks "Today, you are the torchbearers of our for your service and again, happy birthday!"

September 11th will always be remembered

(Editors note: The following is a Patriot Day message from Secretary of the Air Force Dr. James Roche and Air Force Chief of Staff Gen. John Jumper.)

WASHINGTON (AFPN)—"On the third anniversary of Sept. 11, 2001, the world will remember those tragically lost (because of) the heinous actions of terrorists in New York, the Pentagon and Pennsylvania. These were attacks against freedom, democracy and humanity that carried a high human toll as citizens from the United States and many other countries lost their lives.

"This Patriot Day, we honor the memories of those lost, and we pay tribute to those answering freedom's call to combat terrorism around the world.

"Your efforts over the last three years have been phenomenal. You continue to professionally safeguard the

skies of America. You have cratic government could take dispersed al-Qaida and toppled the Taliban govern-

"Our superior total force



Your efforts over the last three years have been phenomenal. You continue to professionally safeguard the skies of America."

DR. JAMES ROCHE AND AIR FORCE CHIEF OF STAFF GEN. JOHN JUMPER

ment in Afghanistan. And, you were instrumental in ending a cruel regime in Iraq and ensuring that a new, demo-

of active duty, Guard, Reserve and civilian Airmen continue to brilliantly answer America's call to defend peace and freedom. Our country is confident in your capabilities and proud of your service.

"Unfortunately, on this, the third Patriot Day, our mission is not complete. Those who indiscriminately killed more than 3,000 people on Sept. 11, are still dedicated to terrorizing our nation and the world because we value life, believe in liberty and welcome democracy as the people's voice.

"Let's remember those who are deployed in harm's way to defend the American way of life. And, let's ensure their families are taken care of while they're away from home.

"As Airmen, our cause is just and noble. Our country depends on us to stay the course.

"Thanks for all you do for America and our Air Force. May God bless you, and may God bless America."

Action Line

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency.

The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first sergeants or facility managers.

If you're not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

For fraud, waste and abuse calls, you should talk to the 325th Fighter Wing Inspector General's Office, 283-4646.

Calls concerning energy abuse should be referred to the energy hot line, 283-3995.

> Brig. Gen. Jack Egginton 325th Fighter Wing commander

Gulf Defender Editorial Staff

Brig. Gen. Jack Egginton	325th FW commander
Capt. Susan A. Romano chief, 3	25th FW public affairs
1st Lt. Albert Boscochi	ef, internal information
Airman 1st Class Sarah McDowell	editor
2nd Lt. William Powell	staff reporter
Tech. Sgt. Dan Neely	staff reporter
Christine Sullivan	staff reporter
Jim Weslowski	staff reporter

The Gulf Defender is published by the Panama City News Herald, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Tvndall Air Force Base, Fla. This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the Gulf Defender are not necessarily the official views of, or endorsed by, the U.S. government, Department of Defense or Department of the Air Force.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the DOD, the Department of the Air Force or the Panama City News Herald of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the pur-

Editorial content is edited, prepared and provided by the 325th Fighter Wing public affairs office. Photographs are U.S. Air Force photos unless otherwise noted

The deadline for article submissions to the Gulf Defender is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129 or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425 or e-mailed to editor@tyndall.af.mil. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the Gulf Defender to Tyndall base housing sections is provided by the Panama City News Herald.

For more information, or to advertise in the newspaper, call (850) 747-5000.

Med Group's message to Tricare enrollees: 'You are covered'

CAPT. SUSAN A. ROMANO
325th Fighter Wing Public Affairs

A flurry of information has recently been disseminated to Tricare beneficiaries, including interviews by Humana Military Healthcare Services personnel, an article in the *Panama City News Herald* and letters sent from Bay Medical Center and Tricare to its customers.

Some of the information may be confusing to the Tyndall AFB community, according to Col. Sean Murphy, 325th Medical Group commander, and his aim is to ensure all beneficiaries understand the current situation.

"My bottom line message to Tricare Prime beneficiaries is that they will continue to be able to easily obtain quality medical care downtown and not incur a point of service charge when being referred by their primary care manager,"

For more

information, call:

• Health Plans Manage-

• Tricare at (800) 444-5445

ment Office at 283-7331

Col. Murphy said. "More importantly, all Tricare enrollees will continue to be able to get emergency medical care at Bay

Medical Center or any other emergency room in Panama City. We have been very happy with the quality of care and service from both Gulf Coast and Bay Medical centers." Humana Military Healthcare Services opted to terminate its contract with Bay Medical Center effective Sept. 16.

H u m a n a holds the contract to provide medical care for Tricare beneficiaries, and Bay Medical Center will change from

a network to a non-network provider of care. This changes some of Tyndall's referral patterns and payment structure but effects patients very little.

According to medical offi-

cials here at Tyndall, enrollees will continue to have their care fully covered as long as they have a valid referral for care.

Some significant points of interest:

If you are Tricare Prime:

- You will need an authorization/referral from your PCM for any specialty care at Bay Medical Center or any other medical facility, except for emergencies.
- •All services that are not otherwise available in Panama City, as well as certain procedures or specialized care as appropriate, will continue to be approved at Bay Medical Center
 - If you are currently in treat-

ment at Bay Medical Center, your treatment will continue to be approved through completion.

• There will be no change in your out-of-pocket costs for approved care or emergencies.

If you are Tricare Standard:

- You may choose to get your care at any medical facility (includes Bay and Gulf Coast Medical Centers)
- Annual deductibles and catastrophic caps do not change.
- Copayments will, in most cases, be approximately 5 percent more using non-network

• SEE TRICARE PAGE 6

Lieutenant colonels, colonels eligible for time-in-grade waiver

"We remain focused on solving

our end-strength problem

Chief of Air Force retirement and separation policy

through voluntary programs."

Maj. John Silverman

TECH. SGT. DAVID JABLONSKI

Air Force Print News

WASHINGTON — Air Force officials are again offering lieutenant colonels and colonels a reduction of the time-in-grade requirement for retirement.

Reduction of the three-year time-in-grade requirement for those officers to retire in their current grade dropped to no less than two years.

Secretary of the Air Force Dr. James Roche authorized personnel officials May 6 to reduce the time restriction. That offer reopened Aug. 12 for fiscal 2005.

"We remain focused on solving our endstrength problem through voluntary programs," said Maj. John Silverman, chief of Air Force retirement and separation policy.

"The recent law change allowing officers to retire with a minimum of two years time in grade is reflective of that effort and was another tool in our kit for which we wanted to take advantage," Major Silverman said.

"Although relatively small, this program helps us toward meeting our mandated Air Force ends strength. As part of the force shaping, we also opened a similar opportunity for our retirement eligible senior noncommissioned officers, waving up to 18 months of their ob-

ligated service commitment for putting on a new stripe."

Retiring officers must meet the following criteria:

— Must be a lieutenant colonel or colonel on active duty

with at least two years and less than three years time in grade on the requested retirement date to retire under this authority.

— Must have served at least 20 years of total active federal military service and 10 years commissioned service by the requested retirement date to be eligible to request a reduced time-in-grade retirement.

— Must have served satisfactorily in grade.

— All Air Force specialty codes may apply.

Deployed people may apply; however, the requested retirement date must be at least 30 days following their return to home

> station. Member must retire not later than Sept. 1, 2005. Deployment periods will not be curtailed.

> — Waivers of active-duty service commitments will

be given according to the limited active-duty service-commitment waiver program.

Officers under investigation for alleged misconduct, pending the disposition of an adverse personnel action for alleged misconduct, or recalled to active duty, are ineligible for the waiver.

The number of people permitted to retire

with the reduced time in grade is limited to no more than 2 percent of the total number of people on active duty in that grade during each fiscal year.

The Air Force is projected to have 10,460 lieutenant colonels and 3,640 colonels on active duty Oct. 1. Two percent of these totals equate to a maximum of 212 lieutenant colonels and 72 colonels who may retire with the reduced time in grade in fiscal

"We are presently taking applications for retirement dates through Sept. 1, 2005, and expect a higher application acceptance rate over last year's fiscal program, especially since our officers have more time to plan for retirement," Major Silverman said.

"As soon as we meet the two percent ceiling, the program will close," he said.

Officers interested in this program can contact their servicing military personnel flight, or visit www.afpc.randolph.af.mil/ retsep/shape2.htm.

Tricare officials offer tips for contract transition

the military's Tricare health-care system may experience long wait times when calling their new regional contrac-

But the transition to new contracts "will make a strong program better and ultimately result in higher patient satisfaction," Tricare officials said.

Officials suggest conducting business online whenever possible, calling during nonpeak hours and visiting Tricare service centers for face-to-face assistance as ways to beat phone congestion during the transition.

Eac ness enrol provi

WASHINGTON (AFPN) — Some beneficiaries of health plan as well as links to other key sites for information on claims processing and online appointments.

> Beneficiaries still may call their regional contractor, officials said, but should understand they might experience longer wait times because of high call volume during the transition. Officials suggest that since more people call on Mondays than any other day, beneficiaries should try to call on other days if they can. Thursdays and Fridays have the least calls, officials said, making these days the best chance for gaining quick access.

The toll-free regional con-

—Tricare South: (800) 444-5445. — Tricare West: (888) 874-9378.

Officials also stressed the importance of beneficiaries keeping their Defense Enrollment and Eligibility Reporting System information updated. Failure to keep information current may result in denials of care or pharmacy service, returned claims and undelivered updates about the transition, officials said.

To update DEERS, contact the local military personnel flight or the defense manpower data center support office at (800) 538-9552. (Courtesy of American Forces Press Service)

AAFES is part of military member benefits package

The whole reason the Army and Air Force Exchange Service exists is to serve active duty, Reserve, Guard, retired and dependents.

AAFES is dedicated to ensuring Airmen's and Soldier's quality of life, going where they go and being of value everyday for the past 109 years. Ensuring quality of life is important to AAFES.

AAFES offers a wide variety of services in addition to the main exchange. It operates shoppettes, barbershops, laundry/alterations service, fast food and much more all within

minutes of the office.

Not only does AAFES enhance quality of life for Airmen and Soldiers with variety and convenience, the service also returns funds to the community in the form of Morale, Welfare and Recreation dividends. In most cases, the more money spent at the local exchange, the more the community will reap the benefits.

In 2003 alone, AAFES returned more than \$229 million to the services, which is more than \$260 for each Soldier and Airman.

The money is used to help fund local youth activities,

golf courses, craft shops, bowling centers and libraries.

"We're here to improve quality of life for our troops," said Maj. Gen. Kathryn Frost, AAFES commander.

AAFES has more than 6,400 facilities in more than 35 countries and all 50 states. AAFES has stores everywhere from Iraq and Afghanistan to Kyrgyzstan and the Horn of Africa - basically wherever Airmen and Soldiers are and wherever they may go.

At the beginning of 2003 when the troop buildup in support of Operation Iraqi Freedom began, AAFES started to move into Kuwait and within days of the invasion into Iraq, opened its first store there.

Now, to better serve - AAFES has 31 stores open in Iraq and 10 in Kuwait. It also operates eight stores in support of Operation Enduring Freedom and another eight in Bosnia and Kosovo.

AAFES has approximately 450 associates deployed in support of OEF and OIF, working and living right alongside Airmen and Soldier's.

"Even though they're civilians, even though they're merchants by profession, they are committed to Soldiers and Airmen and are willing to do whatever it takes to ensure AAFES lives up to its pledge, "We Go Where You Go," said Frost.

AAFES is part of the military benefits package, just like health care and the commissary.

The store employs a variety of checks and balances to keep prices low at locations around the world. For example, in the unlikely event that you find a lower price at another retailer, AAFES offers a "We'll match it!" program that ensures military customers always receive the lowest price.

"The price you pay for a



Jim Weslowski

Gail Hartley, a Tyndall Army and Air Force Exchange employee, assists Diane and Jeremy Giese, military retirees, while they shop for a Halloween outfit for their grandson.

candy bar in Iraq is the same price you'll find at your stateside exchange," said Frost. Wherever Airmen and Soldiers are, AAFES is dedicated to providing uniformly low prices on the services and merchandise.

(Courtesy of AAFES News Service.)

Gulf Defender Sept. 10, 2004 Page 6

Checkertail Salute

2nd Lt. Robert Bravo



Lieutenant Bravo receives the Checkertail Salute Warrior of the Week award from Col. Brian Dickerson, 325th Fighter Wing vice commander.

The Checkertail Clan salutes Lieutenant Bravo. He was a key financial manager for the \$108,000 Air Show budget. He also authored an economic impact study which educated civic leaders. He was hand picked to be the wing resource advisor, where he has aided the wing to manage \$774,000 in 14 different mission areas. Additionally he has mentored cadets as the wing's Operation Air Force lead, where he lead 30 units to polish 18 future officers. He has also prepared the wing for the 50th anniversary of William Tell and was a financial manager for the wing's BRAC input.

Duty title: 325th Fighter Wing resource advisor

Time on station: One year **Time in service:** Two years Hometown: Memphis, Tenn.

Hobbies: Weightlifting, reading and watching football Goals: Get a master's degree and long term success,

stability and personal financial freedom Favorite movie: "Frailty" and "Predator"

Favorite book: "Goals" by Brian Tracey, and "War

and Remembrance" by Herman Wouk

Favorite thing about Tyndall: The location and the

people

Pet peeves: People who pass the buck and have a poor attitude

Proudest moment in the military: Surviving four years at the Air Force Academy and being able to walk across the stage and shake Donald Rumsfeld's hand

The Checkertail Salute is a 325th Fighter Wing commander program designed to recognize Tyndall's Warrior of the Week. Supervisors can nominate individuals via their squadron and group commanders. Award recipients receive a certificate, letter from the commander and a one-day pass.

• From TRICARE Page 3 versus network (Bay Medical is now a non-network provider). Check your benefits brochure or contact a Humana beneficiary services representative at (800) 444-5445 for a specific type of service cost share (inpatient, ambulatory surgery, physical therapy, etc.).

If you are Tricare for Life (Medicare – over 65) • You may choose any Medicare approved

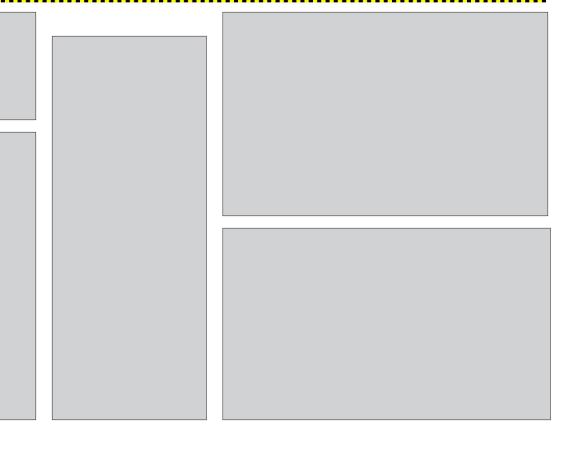
medical facility (includes Bay and Gulf Coast Medical Centers).

• There are no changes to your ben-

"We are committed to making sure all your healthcare needs are met," said Col. Murphy.

"Thank you for allowing us to serve you and if you have any questions, please contact our Health Plans Management Office at 283-7331."





United States Air Force



Retiree Activities Newsletter

Tyndall AFB, Fla.

September 2004

What's inside

Tyndall Retiree Appreciation Days show gratitude for contributions

This year's Retiree Appreciation Days event takes place Sept. 17-18.

Several Tyndall facilities are offering special discounts for retirees — Page 2.

Pharmacy co-pays may be reimbursed

Some members are eligible for Tricare reimbursement of pharmacy co-pays. Find out who they are — Page 2.

Base commissaries accept E-coupons

Commissary customers can use internet coupons again, but copied coupons are still out — Page 3.

Get access to Veteran's Group Life Insurance information online

The VA announced a new Web site, allowing members to view or change their VGLI information — Page 3.

Air Force pharmacies implement new formulary guidelines

See what medications are excluded under the new rules - Page 4

Tyndall RAO 445 Suwannee Rd. Tyndall AFB, FL 32403-5541

Presorted Standard U.S. Postage **PAID** Panama City, FL PERMIT NO. 318

Tricare South Region begins transition

Department of Defense officials announced July 28 the continuation of its move toward new military health-care contractors and changes in regional areas of responsibility.

Tricare-eligible beneficiaries in Alabama, Florida, Georgia, eastern Louisiana, Mississippi, South Carolina and Tennessee transitioned to the Tricare South Region Aug. 1. These locations formerly comprised the Southeast and Gulf South Regions (Regions 3 and 4).

This is the third major transition to new regions and new contracts announced by the department, including the initial transition of parts of the West Region on June 1 and parts of the North Region on July 1.

Tricare benefits, costs and the enrollment process remain the same under the new regional contracts. Beneficiaries in the South Region who are not currently enrolled in Tricare Prime but who are eligible and residing in a Prime area will have the opportunity to enroll.

Humana Military Healthcare Services Inc.

will provide beneficiaries care support contractor information on enrollment, network providers, procedures for filing claims, and contacts for assistance in the South Region.

Military treatment facilities in all regions remain at the core of the military health system, said officials, and will now schedule appointments for their beneficiaries. Military treatment facility locations are on the Tricare Web site at www.tricare.osd.mil/mtf/.

Humana has worked with the DOD as a Tricare regional managed

since 1996. Under the next generation of Tricare contracts, Humana will provide health-care services and support to about 2.86 million beneficiaries in the new Tricare South Region.

Beneficiaries in the South Region may access health-care information by calling Humana at (800) 444-5445 or online at www.humanamilitary.com.

(Courtesy of Air Force Retiree News Ser-

VA secretary announces CARES decisions

Secretary of Veterans Affairs Anthony Principi has announced details of a comprehensive plan to modernize the Department of Veterans Affairs health care system.

The plan includes new hospitals in Orlando, and Las Vegas, 156 new community clinics, four new spinal cord injury centers, two blind rehabilitation centers and expanded mental health outpatient services nationwide.

The investment of nearly \$1 billion annually for several years is the result of a major three-year review of the medical system serving America's 25 million veterans.

The three-year review called "Capital Asset Realignment for Enhanced Service" was a landmark study of the nation's largest health

care system, which is operated by cent in 2012 and 33 percent in 2022.

CARES assessed veterans' current health care needs and developed recommendations for meeting

The investment of nearly \$1 billion annually for several years is the result of a major three-year review of the medical system serving America's 25 million veterans.

those needs in the future.

By opening health care access to more veterans, VA expects to increase the percentage of enrolled veterans from 28 percent of the veterans' population today, to 30 per-

The decisions announced by Secretary Principi include:

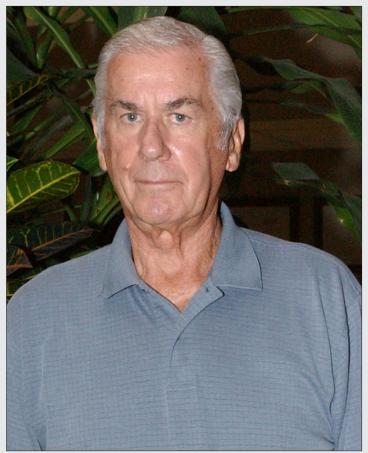
- · Construction of new medical centers in Orlando and Las Vegas,
- Creation of more than 150 new community-based outpatient clinics;
- Rehabilitation and modernization of medical centers.
- Potential creation of four new and expansion of five existing spinal cord injury centers.
- Opening up two new blind rehabilitation centers.

In some cases, the plan also calls for transferring care from antiquated facilities to more modern or betterlocated VA facilities or contracting for care in local communities.

(Courtesy of Air Force Retiree News Service)

Gulf Defender Sept. 10, 2004 Page 2A

Director's Corner



ED BULTMAN

Retiree Activities Office director

There are many changes occurring with respect to retiree benefits and entitlements.

To that end, the Tyndall Retiree Activities Office attempts to keep retirees informed of these changes by subscribing to various publications and handbooks of interest to retirees of all services. Additionally, we have access to various Web sites that ensure we are providing up to date information on topics of interest.

The Retiree Activities Newsletter is published twice a year to afford our retirees, who may not otherwise have access to this information, the opportunity

to learn about events and issues that affect them.

In order to provide the best service possible, we ask that you provide feedback, so we can continue to improve our pro-

The RAO address is Bldg. 662, Suite 245, 445 Suwannee Rd., Tyndall Air Force Base, Fla. 32403. Office hours are 9 a.m.-noon Monday through Friday. The telephone number is (850) 283-2737.

The Tyndall RAO also maintains a retiree Web page on the **Tyndall** Web www.tyndall.af.mil/325FW/ RAO.htm, and publishes a newsletter twice a year.

The Tyndall Retiree Activities Office Newsletter is published as an insert to the Gulf Defender. Articles appearing in this publication do not necessarily reflect the position of the Department of the Air Force or Tyndall. While editorial effort has been made to ensure the accuracy of the information herein, no absolute guarantee of accuracy can be given or assumed. Editor: Retired Lt.Col. Edward Bultmann, RAO director, 283-2737. Design and layout: 1st Lt. Albert Bosco, Chief of Internal Information, 325th Fighter Wing public affairs, 283-2983.

Tyndall honors retirees with 'appreciation days' Sept. 17-18

Tyndall Air Force Base is gearing up to honor area retirees during the base's annual Retiree Appreciation Days.

During the two-day event, organizations around the base offer various services from demonstrations and giveaways to services including shots and will preparation service.

The 325th Services Squadron offers reduced prices for many activities around the base, such as half-price boat rentals from the Bonita Bay Outdoor Recreation Center and half-price greens fees from the Pelican Point Golf Course.

The commissary also offers savings to retirees through a three-day case lot sale beginning Thursday. Additionally, free cake, coffee and punch are available in the commissary bakery. During the case lot sale, drawings will be held for various giveaways, including four \$50 grocery gift checks.

The savings will continue at the Base Exchange, offering discounts on everything form select major appliances to various household products. There will be giveaways occurring throughout the event, and the service station will provide free safety inspections. Retirees can also take advantage of managers specials and register to win 10 gallons of free gasoline.

The savings continues at the Shoal Point and Felix Lake shoppettes with discounts and drawings.

Additional services offered to retirees include vaccinations by the 325th Medical Group's Immunization Clinic 9 a.m. to noon Sept. 18. No appointment is necessary, and retirees are reminded to bring a copy of their shot records.

Also, the 325th Mission Support Group's Military Personnel Flight and Pass and Registration will be open 9 a.m. to noon providing identification and government decal services. Retirees should bring their ID Activities Office)

For more information on scheduled events and activities, contact the Retiree Activities Office at 283-2737.

card, driver's license, proof of vehicle registration and insurance along with their old vehicle decal.

Finally, the Executive Director of the Florida Department of Veterans' Affairs, Col. Warren "Rocky" McPherson, will speak at the Health and Information Fair, which takes place 9 a.m. to 1 p.m. at the Club. Officers' Colonel McPherson will discuss various issues affecting retirees in the Northwest Florida area and will be available to answer any questions.

All retirees are encouraged to take advantage of all that is offered during the event. For more information on scheduled events and activities, contact the Retiree Activities Office at 283-2737.

(Courtesy of Tyndall Retiree

TRICARE may reimburse Rx co-pays

On June 1, Express Scripts, Inc. took over the Tricare retail pharmacy program. Since that time, some of our members have experienced recurring problems with reimbursement of copayments for other health insurance.

If you are a Tricare beneficiary who has other insurance, you are eligible for reimbursement of pharmacy copayments from Tricare.

For

reimbursement 4

PO Box 66518

Forms should be sent to:

St. Louis, MO 63166-6518.

Eligible members can get their copayments reimbursed by filing a paper Tricare claim (DD FORM 2642).

Along with the claim form, additional documentation must be provided including a copy of the pharmacy receipt on the pharmacy's letterhead or a billing form showing the name of the drug, strength (100mg, 500mg, etc.), quantity (number of pills/doses), cost paid by

your other insurance, amount you paid, prescription number and date of fill.

The prescriber's name or Drug Enforcement Agency number, pharmacy's name and pharmacist signature are only required if the claim is not printed on an acceptable format, such as letterhead or a pharmacy stamp.

Claims appearing to have been printed on a home com-

puter using plain paper will require a signature. Copies of receipts are acceptable, provided the claimant's name is printed on them.

Members using a Tricare network pharmacy will be reimbursed the full co-pay in most cases.

But, if a non-Tricare network pharmacy is used,

members must first meet annual Tricare deductibles. Once the deductible is met, DOD will refund the co-pay amount in most cases.

Forms should be sent to:

PO Box 66518

St. Louis, MO 63166-6518.

For more information contact the Tricare Retail Pharmacy at

(866)363-8779, or visit member.expressscripts.com/dodcustom/home.do.

The mail order pharmacy can be reached by calling (866) 363-8667, or visiting www.tricare.osd.mil/pharmacy/tmop.cfm.

(Courtesy of Military Officers' Association

Advance Space-A lodging getting better

Reservations up to 30 days in advance nity exists based on seasonal occupancy. are possible under a new change in the Air Force's Space Available Lodging policy.

Art Myers, Director of Air Force Services, announced the change recently while addressing members of the Air Force Retiree Council during the annual meeting at Randolph Air Force Base, Texas. He explained that the policy change, long backed by the Council, is effective immediately.

Lodging managers at each base may accept and confirm reservations for Priority 2 (Space A) up to 30 days in advance of the arrival date for up to threenight accommodations, space permitting, based on actual and projected occu-

When projected occupancy is 86 percent or greater, managers may make reservations up to three days in advance; when 85 percent or less, up to seven days in advance; when 80 percent or less, up to two weeks in advance; when 65 percent or less, up to 30 days in advance. Local managers have the option to extend these windows if the opportu-

Mr. Myers told the council members, and explained in a policy letter sent to the services directors of all major commands, that Priority 1 customers will not "bump" Priority 2 customers with confirmed reservations, nor will they bump them once they are assigned quarters for a specific period of time. An exception to this would be in times of contingency, emergency, or when the installation commander determines higher priority exists.

Members of the retiree community should note that installation commanders may establish a policy limiting the number of days Space A guests may stay in on-base lodging to no more than 30 days a year.

This changes the current policy of only accepting Space A reservations 24 hours in advance. Previously, it was necessary for individuals hoping for Space A lodging to show at the lodging office at 6 p.m. on the day accommodations were desired and then hope for the best.

(Courtesy of Air Force Retiree News

Read the Gulf Defender each week for current events affecting area retirees.

Commissaries now accepting Internet coupons

Commissaries again accepting computer-generated Internet coupons with a couple of requirements to guard against fraud, Defense Commissary Agency officials announced.

All 273 commissaries around the world are accepting computer-generated Internet coupons that meet the following criteria: they must have a bar code that store checkouts can scan and they cannot be for free products. Photocopied or facsimile-generated coupons remain unacceptable at all commissaries.

"Internet coupons are a popular medium custom-

are ers use to save money, so we wanted to work out a way to provide this service," said Scott Simpson, DeCA's chief operating officer. "We've analyzed this issue and



requirements should adequately protect us against fraud while giving our customers the kind of the service they want."

DeCA as well as other grocery retailers stopped

accepting home-printed coupons in September 2003 as an interim measure while the grocery industry grappled with losses incurred because of their fraudulent use. Analysts estimated the loss by coupon fraud to be millions of dollars to the grocery industry, which ultimately costs consumers in the form of raised prices to recoup losses.

Later this month, the agency's Web site, www.commissaries.com, will re-establish links to Internet grocery coupon sites for the convenience of commissary shoppers.

(Courtesy of Air Force Retiree News Service)

DFAS updates Web site

The Defense Finance and Accounting Service this week updated the combat-related special compensation information posted on its Web site.

At www.dfas.mil, click on CRSC under the "retiree and annuitant pay heading." Information concerning the entire CRSC program is included in the frequently asked questions.

Public Law 108-136, the National Defense Authorization Act for Fiscal Year 2004, effective Jan. 1, 2004, extended CRSC eligibility to retired members who have a combat-related disability rating between 10 percent and 50 percent by the Depart-

ment of Veterans Affairs. Combat-related disabilities include disabilities that are the result of armed conflict, hazardous duty or training exercises.

Previously, a 60 percent or higher rating or a disability associated with a Purple Heart was required in order to be eligible for CRSC payments. Note: members retired because of a disability with less than 20 years of service are not eligible.

Retirees who have applied to their branch of service and whose applications have been approved and forwarded to DFAS will be processed in the order in which they are received. DFAS reports that currently retirees receiving CRSC



paid using the VA's veteranonly rates.

CRSC legislation included provisions to increase CRSC amounts due to dependency status and/or receipt of individual unemployability or special monthly compensation. A recently finalized data-sharing agreement between DFAS, the military services and the VA will now allow payment of these increased CRSC amounts to eligible retirees.

DFAS officials remind eligible individuals that the monthly amount of CRSC payable cannot exceed the gross monthly amount of retired pay, regardless of dependency status, special monthly compensation or individual unemployability determination. For instance, if vour current CRSC payment is already equal to your gross monthly amount

of retired pay, no additional money is due. In addition to the DFAS web site, the updated infor-

mation will be incorporated in the Web site maintained by the Air Force Personnel

Center's Disability Division. That division's CRSC officials noted that they have provided all names of those eligible for SMC and IU to DFAS.

Individuals requiring more information about CRSC should call the CRSC Branch at (210) 565-1600 or the AFPC Contact Center at (800) 616-3775.

(Courtesy of Air Force Retiree News Service)

VA improves VGLI information access

The Department of Veterans Affairs culator that allows veterans to calcuannounced recently that veterans will now be able to access their Veterans' Group Life Insurance accounts at any time from any computer or telephone.

Using a secure Web site, the VGLI Online Account Access system allows veterans to obtain basic information on their account through the insurance Web site at www.insurance.va.gov.

Veterans will be able to view their current amount of coverage, premium rate, and billing method, as well as change their billing address. In the future, veterans will have access to additional online tools allowing them to change their method and frequency of payment.

Also available on VA's insurance Web site is a new life insurance callate a recommended amount of life insurance based on their financial information. Veterans can also access their account information through a new VGLI interactive voice response system that allows veterans to obtain account information through the tele-

Veterans can call VA at (800) 419-1473 any time, day or night, by using their telephone keypad and can hear recorded information on their accounts. They can also request certain changes to their VGLI accounts, such as billing frequency and payment method, as well as order certain forms via mail or

(Courtesy of Air Force Retiree News Service)

Page 4A **Gulf Defender** Sept. 10, 2004

Tricare officials clear up confusion over retail pharmacy requirements

•More information is

available at the

Tricare pharmacy

Web at www.tri-

care.osd.mil/

(866) 363-8779.

Beneficiaries without Internet

access may call the TRRx

Customer Service Center at

pharmacy/.

there has been some confusion among pharmacies and beneficiaries regarding the required

documentation to have a prescription filled.

Beneficiaries need only to provide their uniformed services I.D. card to get a prescription filled.

While the Tricare retail

words.

pharmacy information card is not required, it will help pharmacies in route the prescription claim to Express Scripts, Inc. The Tricare retail pharmacy information card was sent to current users of the retail benefit; however, if beneficiaries did not re-

Tricare officials noted that ceive a card, one can be printed from the TRRx Web site member.express-

> scripts.com/ dodcustom/ home.do.

For more information about the TRRx program, interested parties may visit the Web site or visit the Tricare phar-

macy Web site at www.tricare.osd.mil/pharmacy/.

Beneficiaries without Internet access may call the TRRx Customer Service Center at (866) 363-8779.

(Courtesy of Air Force Retiree News Service)

AF pharmacies implement new formulary guidelines

Air Force pharmacies will no longer distribute some high-use, but expensive medications.

This was outlined in a memorandum recently sent out to all Air Force pharmacies by Maj. Gen. (Dr.) Joseph Kelley, assistant surgeon general for healthcare opera-

To assist in meeting the medical service fiscal parameters, changes will be made in dispensing nonsedating antihistamines, some arthritis medications and insulin. For patients requesting refills on the medications being deleted, a 30-day supply will be provided to allow them enough time to obtain a new prescription for another medication.

To demystify the processes involved in determining which medications are available at a base pharmacy one must look at the total selection process. Currently, there are three systems in place that influence the drug-selection process.

First, the Department of Defense has a committee comprising physicians and pharmacists from all services that reviews classes of drugs and makes recommendations regarding individual medications that must be carried at every military pharmacy. These medications, called basic core formulary drugs, provide the foundation for all other formulary decisions and represent the minimum number of drugs a pharmacy will carry. The intent is to ensure certain maintenance medications for blood pressure or diabetes, for example, are available throughout the DOD system.

Next, every medical facility has its own pharmacy and therapeutics committee, consisting of local physicians and pharmacists, that evaluates medications for addition to the formulary based upon the scope of practice at that particular facility. These medications are then available to augment those on the basic core formulary.

The third is the Air Force medical operations function itself. This is a relatively new process where officials can direct changes across all Air Force pharmacies. The two advantages of this new process are that a medication can now be

mandated for inclusion at all Air Force pharmacies, thus standardizing the benefit, and Air Forcewide savings and cost containment can be realized throughout the system.

For patients seeking medications not contained on the pharmacy formulary, two options ex-

First, the Tricare mail-order pharmacy will mail up to a threemonth supply of medication directly to the patient's home for a small co-pay — \$3 or \$9 depending on generic or brand-name medication.

Second, the retail managed care support contract pharmacies provide up to a 30-day supply of medication for a \$3 or \$9 co-pay.

Both of these options provide a broader range of medications than normally found at the military treatment facility pharmacy.

Patients who have questions regarding their pharmacy benefit can contact their local pharmacy. (Courtesy of Air Force Retiree News Service)

Don't get caught in crook's 'phishing' net

Fishing is a sport enjoyed by many people, but panies do not need people to provide that infor-"phishing" is angling of another sort.

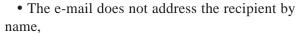
"Phishing" is an Internet e-mail scam that tricks individuals into revealing personal information, including Social Security numbers, bank account numbers and pass-

Typically, the e-mails involve Web sites with familiar logos and companies, like Citibank or PayPal. The Web sites are replicas, and once Internet users enter, they are often urged to "confirm" information that was supposedly lost or misplaced.

After users provide the information, their identity is compromised and money starts disappearing.

To protect themselves, Internet users need to first recognize the e-mail as a scam. There are several indicators:

• The e-mail asks for personal information. Legitimate businesses do not request such information through e-mails. Banks and credit card commation; they already have it,





- The e-mail does not reference a partial account number,
- The e-mail warns that accounts will be closed unless the user reconfirms his or her information immediately,
- The e-mail warns the user he or she has been the victim of fraud,
- The e-mail contains spelling or grammatical errors.

Other ways to protect personal information

- Contacting the business and verifying the mes-
- Adopting a general rule not to send personal information over the Internet unless the user made contact first.

(Courtesy of Air Education and Training Command News Service)

Retiree news e-mail service

This service is to inform members of the Air Force retiree community, including family members, about legislation, policies and other matters affecting their rights, benefits and obligations.

To subscribe:

Address a new e-mail, and in the "to" line write the address as shown: list.manager@listserver.afpc.randolph.af.mil. Your e-mail address will automatically appear in the "from" field. On the subject line, type the words Subscribe AFRETIRE exactly as shown. There is no need to write anything in the body of the message. Hit send. You will get a return message indicating that you have been subscribed as a non-digest member.

Telephone numbers and Web sites of interest

Tricare South Region (800) 444-5445, www.humana-military.com/ Tricare for life (888) 363-5433, www.tricare.osd.mil/tfl Tricare mail order pharmacy (866) 363-2273, www.tricare.osd.mil/tmop Express Scripts (866) 363-8667, www.express-scripts.com DEERS Eligibility (800) 538-9552, www.tricare.osd.mil/deers Retiree Dental Plan (888) 838-8737, www.ddpdelta.org

Long Term Care Insurance (800) 582-3337, www.ltcfeds.com Florida Veterans www.floridavets.org

Defense Finance and Accounting Service (800) 321-1080, www.dfas.mil National Personnel Records Center (314) 801-0800, vetrecs.archives.gov Air Force Retiree News Service www.afpc.randolph.af.mil/afretire/ AF_Retiree_News.htm

AF finding new ways to award Airmen in GWO



BALAD AIR BASE, Iraq — Airmen fire their M-4 rifles during a close-quarters training march July 15. The march is part of a training program that prepares Airmen to run convoy missions through Iraq.

TECH. SGT. DAVID JABLONSKI

Air Force Print News

WASHINGTON — Air Force leaders want to ensure Airmen get the recognition they deserve for fighting the war on terrorism at home and abroad, and for many more operations critical to national security.

That is why Air Force personnel officials are looking at better ways to apply modern air and space mission criteria to existing awards and decorations to give appropriate credit to outstanding Air-

our folks are making tremendous contributions for which they may not be getting the level of recognition they deserve," said Barbara Murray, chief of Air Force personnel policy's force sustainment division. She explained that the traditional rule followed by other services, that awards are given to troops who put their feet down on the ground, does not necessarily apply to modern air and space professionals.

This new thinking is being applied to the recently created Department of Defense Global War on Terrorism medals. There are two versions, expeditionary for people deployed abroad, and service for those in the continental United States.

"These awards represent a necessary step to ensure we recognize all our deserving Airmen," said Air Force Vice Chief of Staff Gen. T. Michael Moseley. "We have Airmen all over the world making sacrifices to protect our nation and to give other countries a chance at freedom. Airmen must be recognized for their great work."

"What the Air Force is doing in transforming the recognition system is demonstrating that, because of the a lot of what we do happens far away," Mrs. Murray said. "Some of the most important effects achieved in the war were delivered and supported by Airmen stationed [at Whiteman Air Force Base] in Knob Noster, Mo. But to properly recognize the efforts of these folks requires that we move beyond the 'only if you're in the (area of responsibility)' thought process."

Two new Air Force awards established in June 2002, the Gallant Unit Citation and Meritorious Unit Award, were designed to appropriately recognize outstanding unit actions in support of wartime efforts.

The Gallant Unit Citation is awarded to Air Force active-duty, Reserve and Air National Guard units for extraordinary heroism in action against an armed enemy of the United States while engaged in military operations involving conflict with an opposing force on or after Sept. 11, 2001. The degree of heroism required is the same as that which would warrant award of the Silver Star, awarded for gallantry and heroism of high degree, including risk of life in action.

The Meritorious Unit Award recognizes excepin the performance of outstanding achievement or service in direct support of combat operations for at least 90 continuous days during the period of military operations against an armed enemy of the United States on or after Sept. 11, 2001. The degree of achievement required is the same as that which would warrant award of the Legion of Merit. Service in a combat zone is not required, but service must be directly related to a combat effort.

The first Meritorious Unit Award was recently presented to the 9th Expeditionary Task Force at Prince Sultan Air Base, Saudi Arabia, and Al Udeid AB, Qatar, for June 1, 2002, to May 31, 2003, for the success of the Combined Air Operations Centers supporting operations Iraqi Freedom and Enduring Freedom.

For OIF alone, the 2,000 people in the CAOC planned and executed more than 40,000 sorties flown by 1,800 aircraft from every service and coalition partners. With the combined operations center for OIF and OEF as the benchmark, air operations centers have become the weapon system combatant commanders rely on for con-

senior leaders realize "that	changing nature of warfare,	tionally meritorious conduct	• SEE AWARD PAGE 1

One hot commodity: AFRL unleashes new fire fighting technology

2ND LT. WILLIAM POWELL

325th Fighter Wing Public Affairs

A new method of extinguishing fires is currently being tested and may revolutionize the way the Air Force, and the nation, fights fires.

The Air Force Research Laboratory Deployed Base Systems Branch here has been developing new firefighting technology for nearly two years. Dubbed the ultra high-pressure system, the experiment combines high-pressure with water

and aqueous film forming foam.

"We were looking at ways to combine carbon dioxide with water to make a more

effective firefighting agent. High-pressure is required to keep the CO₂ a liquid, and we had to design a system that would allow us to operate at high-pressures," said Dr. Doug Dierdorf, Fire Research Group lead scientist. "We found that water with AFFF solution [under ultra high-pressure] is extremely effective at putting out fires."

Normal fire trucks deliver firefighting agents, including water, at pressures ranging from 100-250 per square inch. Fire trucks retrofitted with the UHPS Force.

deliver firefighting agents at 1,500 psi.

"Current firefighting systems use lower pressure and a higher flow of firefighting agent, as much as 500-700 gallons per minute," said 2nd Lt. Bob

Johnson, Fire Research Group project officer. "What we're offering is higher pressure and a lower flow, which uses only 200 gpm."

Ultimately, smaller amounts of water required to extinguish fires could result in firefighting vehicles a fraction of current sizes, and light, lean and lethal vehicles are especially important in today's rapid global mobility Air

"This was a very

timely discovery, be-

cause during prepara-

tions for Operation

Iraqi Freedom, the lab

had been asked to try

and help develop an

air-droppable

firefighting system,"

Doctor Dierdorf said.

"We went into a high-

speed development

mode where we took

a UHPS and mounted

This technology is very exciting for those among us who worry about getting fire trucks anywhere in the world, rapidly. I believe this ultra highpressure technology, though now in its infancy, will dramatically change the face of fire fighting in the Air Force and perhaps the nation."

DONALD WARNER

Chief of Air Force Fire and Emergency Services

it on an air-drop certified, six-wheel all terrain vehicle. The system was then immediately put into deployment mode in February 2003. It successfully fought a fire at Baghdad International Airport with only 50 gallons of water shortly after our first forces moved in to occupy the

The success of the UHPS equipped ATV motivated researchers to design a larger scale version as a primary firefighting tool for two rea-

"First, our current deployable vehicle, the 1,000 gallon capacity P-19, basically fills a C-130 [Hercules]," Doctor Dierdorf said. "With 500 gallons and a UHPS, we are able to put out as much fire as we would with 1,500 gallons using a conventional firefighting system. This three to one advantage is unique in the opportunity to give us a fire truck half the size of the P-19. Our goal is to put two vehicles on one C-130."

The other driving force behind the program is the collateral damage and high cost involved



The ultra high pressure system piston pump above and the nozzles, right, work together to make a more effective fire extinguishing system by making it possible to mix carbon dioxide with water. The higher pressure from the pump also increases the effectiveness of the carbon dioxide, making it more heat absorbent. Ultimately the higher effectiveness and smaller amounts of water will decrease the size of firetrucks and make their transport to deployed locations much easier.



with applying AFFF to large transport aircraft engines, which are exceedingly expensive to repair, said Doctor Dierdorf.

"The high-bypass turbofan engines on the C-17 [Globemaster III] cost roughly \$14 million apiece, and a rebuild of one engine, if it's been exposed to AFFF, results in a bill of about \$4 million," he added. "It turns out that the highpressure water gives us better penetration, better dispersion of water, and helps us attack fires on the large scale engines. While the pure water and high-pressure are not enough to suppress these fires, we found that adding two or three pounds of a gaseous clean agent will do the final extinguishing. The agent evaporates and avoids collateral damage to the engine during firefighting operations."

The ultra high-pressure also changes the physical dynamics of the firefighting agent, further increasing its effectiveness.

"The UHPS atomizes the agent into very fine droplets, which increases the agent's ability to absorb heat, thus improving its effectiveness," said Donald Warner, chief of Air Force Fire and Emergency Services. "Efficiency is increased because less agent is required, which is very important in areas where water is scarce."

Additionally, Mr. Warner added, smaller hose lines needed to deliver the agent should dramatically reduce the work effort for firefighters on the ground, who currently must fight fires while carrying very heavy hose lines.

All it takes to retrofit a vehicle are the new hoses, a special pump, and a new nozzle, roughly one tenth the size of existing nozzles.

"This technology is very exciting for those among us who worry about getting fire trucks anywhere in the world, rapidly," Mr. Warner said. "I believe this ultra high-pressure technology, though now in its infancy, will dramatically change the face of firefighting in the Air Force and perhaps the nation."



2nd Lt. Bob Johnson, fire research group project officer, readies the ultra high pressure fire extinguishing system for use.



Airmen from the Air Force Research Lab extinguish a fire in a P-19 firetruck using the ultra-high pressure system.

Air Force firefighters receive honors

RONALD HARTZER

Air Force Civil Engineer Support Agency Public Affairs

Air Force firefighters recognized their top performers Aug. 16 - 20 at the annual Department of Defense and Federal Fire and Emergency Services Training Conference in New Orleans, La.

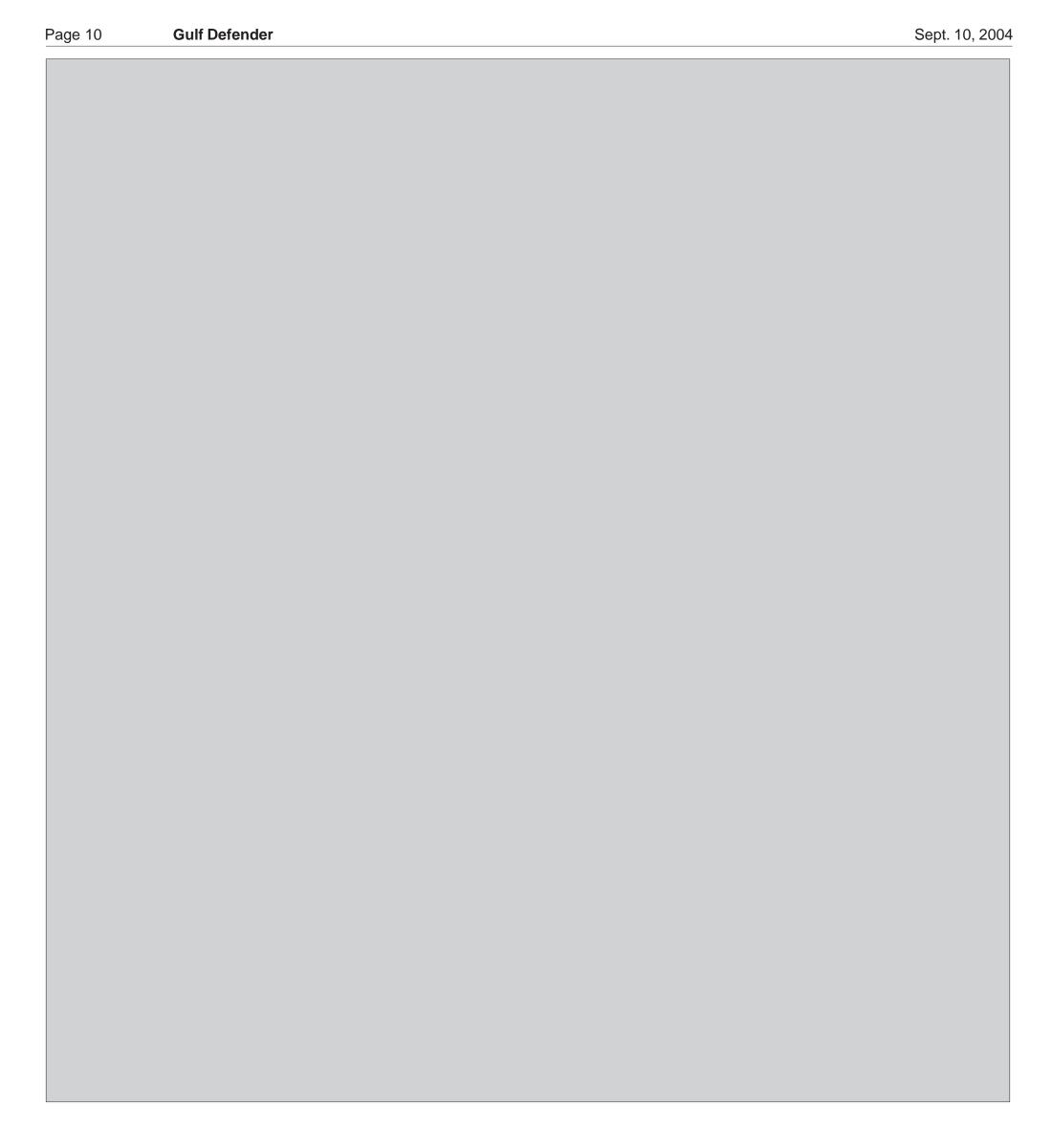
A California man who displayed an extraordinary feat of heroism and an Air Combat Command fire department received top honors as the best of the best.

The Air Force firefighters Heroism Award honored Charles Brooks from Vandenberg Air Force Base, Calif., who saved the life of a Santa Barbara County fire captain. When the captain fell onto a downed 9,000volt power line, Mr. Brooks used wildland firefighting hand tools, not designed for high voltage rescue, to hook onto the victim's canteen belt and pull him off the live power line. The captain suffered second- and third-degree burns but will return to full duty.

Firefighters from Langley AFB, Va., received the Air Force's Fire Department of the Year Award for their around-the-clock rescue operations during Hurricane Isabel. When the storm surge caused a 9foot tidal wave to overwhelm their shore community, the firefighters rescued 20 people and moved 100 patients to the hospital.

Other winners include:

- DOD Fire Academy Instructor of the Year: Tech. Sgt. Stacey Harter from Goodfellow AFB, Texas.
- Military Firefighter of the Year: Airman 1st Class Cody Marion from Peterson AFB, Colo.
- Civilian Firefighter of the Year: Dionicio DeHoyos Jr. from Vandenberg AFB.
- Military Fire Officer of the Year: Tech. Sgt. Ronald Meyers from Peterson AFB.
- Civilian Fire Officer of the Year: Linc Weinrich from Columbus AFB, Miss.





FEGLI open season now underway

MASTER SGT. RON TULL
Air Force Personnel Center Public Affairs

RANDOLPH AIR FORCE BASE, Texas (AFPN) — Federal employees will be able to enroll or make changes to their group life insurance as part of a special open season Sept. 1 to 30. The event marks the 50th anniversary of the insurance program.

"We estimate 127,000 Air Force employees will be eligible to enroll or increase their life insurance," said Maria Molly, Air Force Personnel Center benefits and entitlements chief here.

"The last time federal employees were allowed to make these kinds of changes was five years ago," Ms. Molly said. "Normally it would take a 'qualifying life event' or the employee getting a physical at their expense. This open season doesn't require a physical or answering any questions about one's health."

The Federal Employees' Group Life Insurance program consists of basic life insurance coverage and three options including coverage for up to five times an employee's base salary plus coverage for family members. In most cases, a new employee is automatically covered by bamanagement office here.
Such claims increase the program's costs.
"This is a great oppor

"This is a great opportunity, but I urge everyone to do their homework and remember that the make open season elections electronically via the Benefits and Entitlements Service Team automated Web or phone system. The Web-based system is located at

www.afpc.randolph.af.mil/dpc/BEST_GRB/EBIS.htm. Employees in the United States can reach the automated phone system at (800) 616-3775. Overseas employees will first dial a direct-access number for the country they are calling from and then dial (800) 997-2378.

Hearing impaired employees may reach a benefits counselor by calling toll-free TDD (800) 382-0893, or if located in the San Antonio area, 565-2276. Benefits counselors are available weekdays from 7 a.m. to 6 p.m. CDT

p.m. CDT.

The federal government established the FEGLI program Aug. 29, 1954. It is the largest group life insurance program in the world, covering more than four million federal employees and retirees, as well as many

Web sites and phone numbers for more info:

FEGLI program www.afpc.randolph.af.mil/dpc/best/menu.htm.

Premium cost calculator

www.opm.gov/calcu-lator/worksheet.asp.

Web based system www.afpc.randolph.af.mil/

d p c / B E S T _ G R B / EBIS.htm.

United States (800) 616-3775

Overseas (800) 997-2378

Hearing impaired (800) 382-0893

sic life insurance. The types and amounts of coverages available are not changing.

Newly elected coverage will take effect after Sept. 1, 2005. The reason for the delay is to prevent employees increasing coverage only when they know they need it, resulting in a high number of immediate claims, said officials at the personnel

premiums increase with age," Ms. Molly said.

Information about the FEGLI program and the open season is online at www.afpc.randolph.af.mil/dpc/best/menu.htm.

There is a calculator available to help compute premium cost at www.opm.gov/calculator/worksheet.asp.

mediate claims, said offi- Air Force-serviced ciretirees, as well as many cials at the personnel vilian employees can of their family members.

ANONYMOUS. DEPENDABLE. FREE RIDE.

FRIDAY & SATURDAY 5:00PM - 5:00AM
AIRMAN AGAINST DRUNK DRIVING
867-AADD(2233)

Want to volunteer?

To volunteer for AADD, call 867-2233 after 5 p.m.

Page 12 Gulf Defender Gulf Guide Sept. 10, 2004

FOD RUN / WALK

Sept. 28

7 a.m. - Bus pick-up locations:

Hospital, Bldg. 662, Enlisted Club, Panama City side of Hangar 3, 43rd AMU and Hangar 4.

Earn recognition and awards

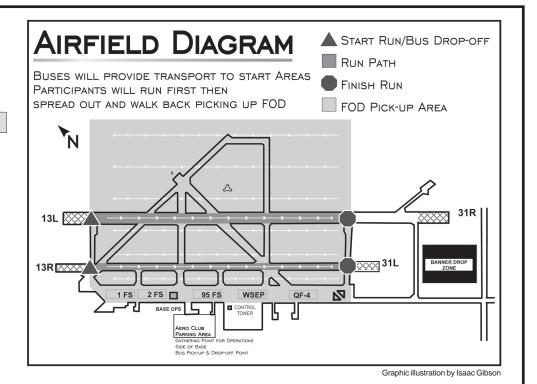
Schedule:

7 a.m. - Bus pickups

8 a.m. - Run starts followed by FOD pickup

For more information, contact Senior Master Sgt. Kenneth Starnes at 283-9679/774-3330

10:30 a.m. - All personnel and buses off runway



Briefs

POW/MIA Day schedule

The scheduled events for POW/MIA Day are as follows:

- The 24 hour Vigil Run starts 4 p.m. Sept. 16 and ends 4 p.m. Sept. 17.
- Luncheon at 11 a.m. at the Enlisted Club
- POW/MIA memorial at 3:15 p.m. at Chapel 1
- Retreat, performed by the Tyndall Honor Guard, 4 p.m. at Flag Park followed by a F-15 fly by at 4:25 p.m.

Closure

The Western Union Office at the Tyndall Main Exchange will be closed Sept. 13-17 for remodeling.

Free fences for housing residents

Base Housing residents who would like a free fence can contact George Semanco in the Housing Office at 283-8504.

Thrift Shop update

The Thrift Shop is holding an end-of-summer sale Sept. 15-30. During this time, certain donated items will be marked half-off. The shop will start consigning winter clothes Oct. 6th. For more information, call 268-5888 Wednesday-Friday from 9:30 a.m. to 12:30 p.m. The shop is open 9 a.m. to noon Saturday.

The Thrift Shop is in need of pant hangers. People who have hangars "hanging" around can bring them by 743 Suwannee Dr. across from the post office.

Warehouse inventory

The Munitions Storage area will be performing a closed warehouse inventory Sept. 20-24. Emergency issues will only be performed during this time and customers need to have documents in correct order to make this run as smooth as possible. Those who have issues or turn-ins should schedule them prior to the inventory. For more information call Senior Airman Christopher Penny at 282-4610.

Heart Link

The next Heart Link session will be held 8 a.m. to 2:30 p.m. Sept. 17. Heart Link is a fast-paced orientation to the military community for spouses, which includes presentations from the 325th Fighter Wing commander, protocol, military personnel, finance, family support, services, legal, health and wellness, family advocacy, the chapel, and Tricare.

There are games, skits and prizes scheduled throughout the day. Learn more about the Air Force mission, customs, traditions, protocol, available resources and services. For more information or to make reservations, contact the Family Support Center at 283-4205.

CLC users refresher course

The Continuous Learning Center, in collaboration with The Office of the Secretary of Defense Acquisition, Technology and Logistics, and the Defense Procurement and Acquisition Planning, announced the availability of a new continuous learning module,

DOD government purchase card refresher training at clc.dau.mil. Select the "Learning Center" and then select the "Course Information & Enrollment" link. To launch the module, select the name DOD Government Purchase Card Refresher Training from the list. Browse this module, as well as all DAU CL modules.

ERAU classes begin

Embry-Riddle Aeronautical University announces the start of Federal Aviation Administration Airframe and Powerplant classes beginning Oct. 18. For more information, call 283-4557.

Classifieds

Editorial assistant needed

Part-time editorial assistant needed for weekly Gulf Defender newspaper serving Tyndall AFB. Duties include proofreading, editing, inputting copy submissions and performing mailouts of approximately 100 papers weekly. Needed for Wednesday afternoon, and Thursday and Friday morning hours. Applicants should possess strong spelling and grammar skills. Knowledge of Associated Press style a plus. Position is hired by the Panama City News Herald. To apply, contact 1st Lt. Al Bosco at 283-8597.

Garage Sales

6541 S Lake Joanna Circle

Garage sales are held 8 a.m. to 4 p.m. Saturdays.

Chapel Schedule

Catholic services held at Chapel 2:

Daily Mass, 11:30 a.m. Monday-Friday Reconciliation (before Saturday Mass or by appointment) Saturday Mass, 5 p.m. Sunday Mass, 9:30 a.m. Religious Education, 11 a.m. Sunday.

Protestant services at Chapel 1:

Communion service, 9:30 a.m., Chapel 1 Religious Education classes, 9:30-10:30 a.m. in Bldg. 1476 General Protestant service, 11 a.m., Chapel 2.

Chapel news

- The Protestant Parish of Tyndall has Fellowship each week at 5 p.m. Wednesday each week in the Chapel Two Annex. This program offers an evening meal, fellowship opportunities, Bible studies and children youth programs. All ages are welcome and there is something for everyone. For more information, call Heidi Downer at 283-2925
- The Protestant Parish of the Chapel holds a Religious Education program 9:30-10:30 a.m. each Sunday in Bldg 1476. There are classes for children ages 3 years through 12th grade exploring the Bible through lessons, crafts, games and song.



Smooth sailing

Patrick Engman sails a catamaran Saturday in the bay just east of the Dupont Bridge shoppette. Engman is the new catamaran instructor for Bonita Bay Outdoor Recreation.

Bonita Bay is now offering monthly catamaran classes, along with their basic sailing courses. The next catamaran sailing class is Sept. 18. Students must have taken and passed a basic sailing course prior to signing up for catamaran classes. Cost is \$40, but those with prior sailing experience may be able to qualify for a \$15 course.

For those who are still unsure about participating in catamaran sailing, Bonita Bay is also offering introductory rides. For more information, contact Bonita Bay Outdoor Recreation at 283-3199.

Intramural Football standings

Squadron	Won	Lost
TEST	5	0
COMM 1	4	0
MXS	5	1
ACS	4	1
43 AMU	4	1
SFS	4	1
OSS	3	1
CES	3	1
WEG	3	2
MDG	3	2
CPTS	2	3
AMXS	2	3
SEADS	2	4
COMM 2	1	5
CONS	0	4
1 AMU	0	5
SVS	0	5
83 FWS	0	6

Gym extension

Marci Fish performs leg extensions while Don Roth gets in a set of shoulder presses at the Tyndall Fitness Center Wednesday. Both are using the new Strive exercise equipment the fitness center received in mid-July. The demonstration equipment will be replaced with brand new, complete 14-piece line of Strive equipment Sept. 23. Representatives from the company will be here Sept. 27 to demonstrate the new machines and hold a strength contest, with the top male and female getting prizes.



Steve Riddle

Page 14 **Gulf Defender** Sept. 10, 2004



tunshine NEW



September 10, 2004 www.325thservices.com



Seafood **Extravaganza**

All Ranks at the O' Club

Sept. 10

5:30-8:30 p.m.

Featuring: Snow Crab Station

Peel & Eat Shrimp Station Oysters on the 1/2 Shell Station **Beef Carving Station**

Variety of Selected Fish Breaded Shrimp

Scallops Seafood Newberg

Clam Chowder Soup Mashed Potatoes w/ Gravy

Steamed Rice **Hush Puppies**

Vegetables **Assorted Desserts** * Members receive

Market Price:

Children ages 6-11:

5 & Under:

\$18.95

283-4357

Retiree **Night** Sept. 18

Retirees receive a 25% discount on food



Officers' Club

September 17: Warrior Call

Mongolian BBQ
September 18: Retiree

Appreciation Night
September 19: Sunday Brunch
September 21: OSC Luncheon
September 29: O' Club
Advisory Meeting
September 30: Warrior Welcome

Enlisted Club

September 11: Retiree Appreciation Night September 16: ESC Social

September 10: ESC Social
September 17: Mongolian BBQ
September 19: Sunday Brunch
at the O' Club
September 23: E' Club Advisory Meeting

End of Summer Celebration

September 25, 2004; 3-9 p.m. at the Base Pool Parking Lot

Activities and Events Schedule

2:55 p.m.: National Anthem

3 p.m.: Volleyball Tournament (Register at Fitness Center) 3 on 3, \$15 entry fee per team, Cash Prizes Awarded

3-8 p.m.: Base Pool Activities & Inflatable Water Rides Climbing Wall

3-8 p.m.: Kids Activities

3-9 p.m.: FREE Entertainment

3 p.m.: DJ

3:30 p.m.: Kamikaze Karaoke Contest

4:30 p.m.: John Leathers Freestyle/Flatland Skateboard Demo

4:45 p.m.: Kite Flying Demo

5-7 p.m.: FREE Food and Beverages

Air Force Club

Membership

Drive

New and Existing AETC

members could win up to

\$3,000.00

If AETC reaches it's goal,

Tyndall clubs could

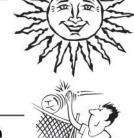
receive \$500!

5 p.m.: Loudest Aloha Shirt & Conch Shell Blowing Contest

6 p.m.: Conch Republic Band - Beach & Rock Music

8 p.m.: Welcoming Comments & Lanakila Polynesian Review

9 p.m.: Event Ends



Shuttle Schedule From Youth Center to Base Pool:

3:15 p.m. 6:15 p.m. 7:15 p.m. 4:15 p.m. 5:15 p.m. 7:45 p.m.

From Base Pool to Youth Center

9:15 p.m. 9:30 p.m. 9:45 p.m.

283-2495

Retiree **Appreciation** Information Fair

Sept. 18, 9 a.m.-1 p.m.

Tyndall Officers' Club Retirees could win a 7- day vacation for two at the an all-inclusive resort in Antiqua including airfare Sponsored by Sato Travel No federal endorsement of sponsor intended.

Fitness Center

© 283-2631

Gym Floor Closed

Sept. 18-22 refinishing gym floor



Strive Total Body Challenge on Sept.27th with the delivery of 14 brand new pieces of Strive equipment. Strive's patented Smart Strength designed to have short and effective workouts. No Federal endorsement is intended.

Pelican Reef Enlisted Club **We Got Jokes!** and the Party!! **Saturday**

Sept. 18, 2004 10 p.m.-2 a.m.





Zooman Hurricane Andrew

Previously seen on: BETs, Comic View **HBOs Def Jam** Tonight with Jay Leno Showtime at the Apollo

For information and tickets call 283-4357

Football Frenzy at the Pizza Pub

Bldg. 1027 on Louisiana Ave.

Any question call Amanda at 283-3222 / 283-2814

Every Sun. and Mon. is your chance to win trips to the Atlanta Tampa Bay game, Pro Bowl and even the Super Bowl!

Week 1:Sept. 9 starts at 8 p.m. Sept. 12 starts at 11:30 a.m. Sept. 13 starts at 8 p.m.











Prizes include: an XBOX system, T-shirts, coolers and hats for Club Members!

• From AWARD Page 11 ducting coalition air and space operations.

That unit's performance was described as "nothing less than heroic," by Brig. Gen. Norman Seip, U.S. Central Air Force's deputy combined forces air component commander.

"Their technical skill, dedication and brilliant performance vastly reduced the risk assumed by coalition land forces, saved countless lives and demonstrated the Combined Air Operations Center is the Air Force's newest and most significant weapon system," General Seip said.

The Air Force Expeditionary Service Ribbon, approved in September 2003, gives people credit for completing contingency deployments after October 1999. The ribbon recognizes service in operations Noble



Eagle, Enduring Freedom and Iraqi Freedom to Airmen deployed for 45 consecutive, or 90 nonconsecutive days.

The Humanitarian Service Medal is an example of transforming an existing award.

"Many Airmen were recognized for their hands-on participation in relief actions in Afghanistan, Uzbekistan, Pakistan and other locations," said Maj. Dan Anderson, chief of recognition and commander's pro-

grams branch in the force sustainment division.

But the major explained that to get the recognition to the people who flew relief missions from McChord Air Force Base, Wash., the Air Force had to get a waiver. The State Department never declared a humanitarian operation in Iraq, but the Air Force flew tons of supplies into that area of operation.

"General (Tommy) Franks said we need not miss this opportunity beSince Sept. 11, 2001, Airmen have been deployed to many overseas and stateside locations in support of operations, and the Department of Defense wants to make sure these Airmen receive the recognition they deserve for their efforts during these operations. Airmen should contact

their local military

personnel flight for more

details on these awards.

cause there are a lot of folks who did a tremendous amount of really hard work to make this happen," Major Anderson said. "Some of the people who became eligible for the HSM under the waiver were not physically on site, so this represents a first for the Air Force in recognizing our reach-forward capability."

The Air Force has flown more than 33,000 mobility missions in Afghanistan and Iraq, delivering about 1.7 million tons of cargo, including 2,206 tons of humanitarian daily rations.

In February, DOD officials approved the Korean Defense Service Medal to award Air Force people for military service in the Republic of Korea and the surrounding waters after July 28, 1954, and ending on a future date to be determined by the secretary of defense. This is the first decoration awarded by the U.S. government for service in Korea.

During the three years of





the Korean War, the Air Force flew 720,980 sorties, dropped 476,000 tons of ordnance and destroyed more than 1,100 enemy tanks, 975 enemy aircraft and 800 bridges. While an armistice was signed to cease hostilities, the Korean War has never officially ended and the Air Force still has a prominent presence in South Korea, with flying bases at Osan and Kunsan. In fact, service in Korea among Airmen is widespread. According to Air Force Personnel Center statistics, more than 220,000 Airmen have been assigned to South Korea since 1954.

The most recently approved medals, signed into public law April 29, were the Afghanistan Campaign Medal and Iraq Campaign Medal. Defense Department officials are working out the details of these new awards that recognize service in operations Enduring

Freedom and Iraqi Freedom.

In March, the secretary of the Air Force approved authorizing a ribbon border to be worn on the Air Force **Expeditionary Service Rib**bon to represent participation in combat actions. Award of the ribbon border is authorized for wear on the decoration by individuals who served in a combat zone, imminent danger/hostile fire pay area, or who used "lethal" weapons in support of combat actions, to include unmanned aerial vehicle operators. The Air Force does not have a Combat Infantry Badge equivalent, but developed the combat border based on feedback from Airmen. It serves as the most effective way to recognize such achievements, officials said.

Airmen should contact their local military personnel flight for more details on these awards.

